

## YOU CAN DO IT! PARENT INFORMATION SHEET

**Resilience** means knowing how to stay calm and being able to stop yourself from getting extremely angry, down, or worried when something “bad” happens. It means being able to calm down and feel better when you get very upset. It also means being able to control your behaviour when you are very upset so that you bounce back from difficulty and return to work or play.

### Examples of Resilience:

- when someone treats you unfairly, inconsiderately, or disrespectfully, you can stop yourself from getting too angry and lashing out
- when you make mistakes, do not understand something, get a bad school report, or are teased or ignored, you can stop yourself from getting very down and withdrawing
- when you have an important test or activity to perform, you can stop yourself from getting extremely worried
- when you want to meet someone new, you can stop yourself from getting extremely worried
- when someone is putting pressure on you to do the wrong thing, you can stop yourself from getting extremely worried about what that person will think if you stand up and say “no”

### Resilience Skills to Strengthen Resilience

- Finding something fun to do
- Finding someone to talk to
- Relaxation
- Exercise
- Being assertive
- Changing negative to positive self-talk
- Not blowing things out of proportion
- Figuring out how to solve the problem

### Rational Ways to Think to Increase Resilience

- “It’s Not as Bad as You Think It Is” thinking – for example, “It’s not the worst thing that could happen to me.”
- “I Can Stand It” thinking – for example, “I don’t like it, but I can stand it.”
- “Accepting Myself” thinking – for example, “When I make mistakes or people don’t want to be around me, I know that I am not a loser. I am still me, capable and likeable.”
- “Taking Risks” thinking – for example, “It’s OK to make mistakes when learning new things.”
- “Being Independent” thinking – for example, “I don’t care that much what people think of me. It’s important to do what I want and to be me.”
- “I Can Do It” thinking – for example, “I’m more likely to be successful than to fail.”
- “Being Tolerant of Others” thinking – for example, “When people do the wrong thing or when they are different from me in custom or appearance, I do not condemn them as being bad or inferior.”
- “Working Tough” thinking – for example, “To achieve success, everyone has to do things they do not feel like doing.”

### Reference:

[http://www.youcandoit.com.au/Assets/Files/What\\_is\\_You\\_Can\\_Do\\_It\\_Education.pdf](http://www.youcandoit.com.au/Assets/Files/What_is_You_Can_Do_It_Education.pdf)